The Trulkhor-Inspired Somatic Regulation Protocol

A Neurophenomenological Framework for Trauma, Tourette Syndrome, and Psychospiritual Emergence

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> **Note:** This practice guide is intended for both personal exploration and therapeutic integration. While grounded in lived experience, it is not a replacement for licensed mental health care. Practitioners and individuals are encouraged to adapt the protocol based on each person's physical safety, emotional readiness, and trauma history.

Abstract

This paper presents a novel, trauma-informed somatic protocol designed to address both Tourette Syndrome and psychospiritual emergence phenomena—such as Shaktipat—as parallel expressions of autonomic dysregulation and incomplete neuro-somatic discharge. Drawing from polyvagal theory, interoceptive neuroscience, trauma resolution modalities, and Vajrayāna yogic systems (notably Trulkhor and Tummo), this model reconceptualizes motor tics and symbolic overload as adaptive, yet dysregulated, attempts at nervous system reorganization. The intervention consists of a structured, repeatable sequence of breath, movement, vocalization, and visualization techniques aimed at completing these somatic discharge cycles. Additionally, the paper introduces an eight-level neurophenomenological framework for mapping stages of psychospiritual activation, highlighting progressive layers of autonomic, emotional, and symbolic integration. This work proposes a transdiagnostic, body-based method for metabolizing non-ordinary states and calls for further investigation into shared mechanisms linking trauma, spiritual crisis, and neurophysiological transformation.

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Part I: Protocol and Clinical Applications

This is not traditional yoga.
This is not fitness.
This is not a relaxation technique.

This is a **structured nervous system reset protocol** — designed to be performed **in real time**, even during emotional overload, neurological spikes, or early-stage mental breakdowns.

Every movement in the system is **precisely paired** with:

- **Targeted breath control** (deep inhale, top-up sip, retention, and release)
- **Visualization of energetic forces** (fireball at the navel, energy rising or clearing)
- **Symbolic gestures** that activate specific somatic zones (chest strikes, armpit slaps, forward thrusts, sideward and downward gestures of purification)
- **Vocal release cycles** using **HA** and **PHAT** — explosive exhalations that help discharge trauma loops, looping thoughts, and physiological tension
- A **stillness-based integration** period in **Mahamudra meditation**:
  Sit, gaze forward with relaxed face muscles, and simply observe.
  Let your attention rest on *everything and nothing* — body, mind, space.
  No control. Just resting in direct presence.

Each full sequence is a combo arc —
A repeatable, trainable form that builds skill over time and enhances your ability to regulate your nervous system at will.

This is not about flexibility or performance.
It's about survival, resilience, and self-regulation.

You train it like martial arts.
You apply it like first aid.
You use it when everything is falling apart — because this system gives you a way to intercept breakdown before it takes over.

Once the first and simplest form is learned, it can be used almost anywhere — while standing or sitting — as a real-time nervous system recharge. It's especially effective as a wake-up protocol to shock the system out of depressive or dissociative states, helping you restart the day with clarity and energy.

But it's not only for extreme states.
Even for the average person with no diagnosis, the protocol works as a mood reset, a focus enhancer, and a daily energy boost.
Whether you're tired, emotionally dull, or stuck in mental fog, the method delivers fast, embodied results — helping you feel clear, grounded, and alive in real time.

This is both a lifeline and a discipline — a nervous system technology that evolves with yo*u.*

It basically turns happiness into a skill-based system — if you're willing to learn it.

I. Introduction: Shared Foundational Logic

Tourette Syndrome (TS) and spiritual emergence events such as Shaktipat appear unrelated—one viewed as a neurodevelopmental disorder, the other as a mystical transformation. Yet both can be understood as spontaneous expressions of neuro-somatic intelligence responding to internal overload. This model proposes that both tics and visionary phenomena are self-regulatory discharge mechanisms—attempts by the nervous system to restore equilibrium under pressure.

Drawing from polyvagal theory, interoception, trauma therapy, and Tibetan yoga systems like Trulkhor and Tummo, the framework reinterprets:

- **Tics** as incomplete motor-affective discharge events
- **Shaktipat** as symbolic, neuroadaptive surges of energetic reorganization

These are not errors of the body—they are somatic attempts at resolution that lack context or containment.

Scientific Inspiration and Integration

This protocol is informed by Stephen Porges' *polyvagal theory*, Bessel van der Kolk's trauma resolution work, and interoceptive neuroscience from Bud Craig and Lisa Feldman Barrett. It

translates Vajrayāna yogic systems—particularly Trulkhor and Tummo—into a structured somatic framework aimed at modulating vagal tone, facilitating interoceptive coherence, and resolving symbolic and motor discharge patterns. By synthesizing these scientific and contemplative models, the protocol provides a trauma-informed, body-centered tool for stabilizing non-ordinary states and reorganizing autonomic dysregulation.

II. Dual Application Pathways

1. Tourette Syndrome

- Tics arise from blocked motor completion cycles and failed autonomic regulation.
- **Protocol outcome**: Refine discharge through conscious breath-movement-vocalization to reduce compulsivity, increase vagal tone, and rewire interoceptive coherence.

2. Shaktipat and Spiritual Emergence

- Symbolic flooding, energy surges, and visionary cognition can destabilize the nervous system.
- **Protocol outcome**: Provide structured containment and integration of peak or disruptive states through physical anchoring and somatic completion.

III. Core Protocol Structure

🔹 Somatic Ignition Phase

- Deep belly breath + sip + swallow + visualize fireball at navel
- Activates gut-brain axis and vagal tone

🔹 Discharge and Redirection Phase

- Movement (e.g. twists, strikes) paired with exhalations (PHAT, HA)
- Redirects unintegrated impulses into safe expressive form

🔹 Vocalized Somatic Completion

- Structured vocal release to close discharge loops
- Regulates glottal and diaphragmatic tension

🔹 Stillness-Based Integration

- Mahamudra-like open monitoring rest
- Facilitates parasympathetic reset and symbolic digestion

🔹 Daily Training Arc

- Repeat sequence daily
- Use partial forms during acute tic/overwhelm episodes
- Functions as a “somatic martial art” for nervous system discharge

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IV. Research Implications: Dual Validation Pathways

A. Tourette Syndrome Research Model

- Somatic reframing of tic discharge
- Track YGTSS scores, HRV, interoception, and self-reported agency

B. Shaktipat Phenomenology Study

- EEG, HRV, and structured interviews during spiritual crisis
- Track vision regulation, affect stabilization, and trauma resolution

C. Shared Mechanisms to Study

- Vagal efficiency
- Completion of motor-affective loops
- Symbolic cognition as interoceptive integration
- Repetitive sequencing and procedural rewiring

Part II: Shaktipat Neurophenomenology Model

V. Unified Synthesis: Somatic Repatterning as Healing Principle

- Both TS and Shaktipat are neuro-somatic overloads seeking coherent discharge.
- Tics = symbolic motor fragments; Shaktipat = energetic symbolic flood
- Protocol provides somatic structure for uncompleted loops

VI. Tiered Neuroenergetic Activation Levels

Proposed *Shaktipat Model v1.0*—a tiered activation map with neurophenomenological correlates:

Level	Somatic Focus	Psychological Impact	Energetic Marker
1. Root	Pelvic floor, spine	Survival collapse	Primal tremor
2. Sacral	Reproductive axis	Emotional flooding	Erotic-symbolic dream

3. Navel	Solar plexus, gut	Mission drive, rage	Inner fire ignition
4. Heart	Cardiac plexus	Devotional grief	Chest radiance
5. Throat	Vocal diaphragm	Truth-speaking, mantra	Spontaneous language
6. Third Eye	Midbrain, pineal	Symbolic cognition	Archetypal vision
7. Crown	DMN shutdown	Ego dissolution	Radiant stillness
8. Central Channel	Full body	Transmission state	Flow-state entrainment

Each level corresponds to a somatic zone of symbolic or regulatory integration.

Part III: Clinical Translation of Tantric Models

VII. Translating Tantric Subtle Body Mechanics into Clinical Neurophysiology

Tantric Term	Scientific Equivalent
Chakras	Viscerosomatic hubs coordinating vagal and endocrine input
Nadis	Interoceptive-afferent signaling networks
Tummo	Enteric-autonomic excitation and vagal rebound

Kundalini	Neuro-somatic overload triggering symbolic reorganization
Trulkhor	Sensorimotor discharge rituals releasing incomplete defenses

The symbolic body maps of tantra correspond to neurological and interoceptive pathways now being explored by modern science.

VIII. Personal Origin and Development of the Protocol

This method arose through:

- Lifelong spontaneous energetic phenomena (e.g., tics, gut fire)
- Discovery of Tummo and Trulkhor through Vajrayāna study
- Reverse engineering of subtle-body mechanics into trauma-informed sequences
- A vision: making ancient yogic insight into a clinical tool for regulation

This work does not replace psychiatric or neurological care. It offers a **somatic bridge** between ancient wisdom and contemporary trauma science.

Step-by-Step Guide To The Practice

Condensed Clinical Routine: Step-by-Step Format
This protocol combines Vajrayana-inspired breathwork, somatic movement, interoceptive visualization, and vagal toning into a structured arc designed for autonomic stabilization, trauma resolution, and early intervention during neurological or affective overwhelm. It can be used as a daily practice or applied reactively.

Phase 1: Abdominal Vagal Activation & Autonomic Reset

Case Report: Self-Stabilization of Gradual Energetic Overload via Foundational Protocol

Subject: Protocol Developer (Luke Green)

Context: While seated in a computer chair, the subject experienced a slow energetic buildup throughout the day. By noon, this culminated in a state resembling manic overload—expressed through verbal ranting, emotional volatility, and intense internal drive to act or create. The state included waves of sadness, worry, and uncertainty, mixed with a powerful manic will to produce or express something.

This pattern is theorized as long-duration inverted Shaktipat localized in the navel region, with cumulative effects resulting in neuro-emotional instability. The subject had experienced similar states over the prior week and had successfully used the protocol to stabilize the nervous system, transmuting what would have been a destabilizing overload into clarity and creative output.

Intervention: Subject applied the first foundational form of the protocol with practiced skill:

- Deep nasal inhale into the abdomen
- Top-up breath followed by intentional swallow
- Visualization of a glowing fireball igniting in the navel center
- Spontaneous upward tremor allowed to rise through the spine

- Pursed-lip exhale (straw breath)
- Transition into stillness, resting in Mahamudra meditation

Outcome: The intense energetic state rapidly stabilized. Emotional noise settled, and the previously overwhelming energy was redirected into creativity and focused insight. The subject reported heightened clarity, emotional balance, and productive flow in the hours that followed.

Conclusion: This case supports the hypothesis that the foundational form of the protocol may function as a real-time transmutation tool—converting destabilizing energetic surges into usable clarity, insight, and composure. The ability to apply this while seated at a desk demonstrates the protocol's utility for modern, daily-life integration in non-clinical settings.

Full Guide to the System

⚠️ Important Note:
Not all techniques in this guide are meant for spontaneous "yogic dance" or martial applications.
The core expressive tools are:

- **Shaking**
- **Chest strikes**
- **Purification gestures**
- **Energetic projection movements**

- **Visualization**

These are always concluded with a pursed-lip exhale (straw breath) and stillness in Mahamudra.
The rest of the protocol involves deeper, structured phases that require stability and safe conditions.

What is the Vajra Fist?

The Vajra Fist is a symbolic and functional hand gesture used throughout Tibetan yogic systems like Trulkhor. It is formed by:

- Curling your fingers inward to wrap around your thumb
- Then pressing the tip of your thumb through the gap between your middle and ring fingers

This gesture creates a compact, grounded hand shape that engages the fascia of the forearm and activates subtle tension along the arms and spine.

In traditional contexts, the Vajra Fist symbolizes indestructible awareness and inner power (vajra means "diamond" or "thunderbolt" in Sanskrit). In this protocol, it's used as both a somatic anchor and a postural cue to stabilize the nervous system and channel energy through the limbs.

Standing Reset Protocol *(Foundational Form)*

- **Posture: Stand with feet shoulder-width apart, spine relaxed**
- **Breath: Deep inhale into the abdomen → top-up sip → swallow**
- **Visualization (optional): Imagine a fireball of energy igniting at the navel**
- **Discharge: Allow spontaneous full-body shaking**
- **Reset: Abrupt stillness + pursed-lip exhale**

- **Effect: Recalibrates vagal tone, improves clarity, and stabilizes interoceptive awareness**

Phase 2: Mantric Resonance for Limbic-Cortical Regulation

- **Posture: Seated or standing; hands in Anjali Mudra at chest**
- **Breath: Inhale deeply into the abdomen**
- **Exhale: Chant Om Mani Padme Hum slowly, feeling resonance**
    - **OM → cranial vibratory priming**
    - **MANI → chest/lung resonance**
    - **PADME → abdominal descent**
    - **HUM → vagal sealing and tone stabilization**
- **Repeat: 2–3 full cycles**
- **Effect: Entrains limbic–prefrontal circuits, reduces sympathetic arousal, and creates calm**

Phase 3: Neurogenic Tremor & Vocalized Discharge Protocol

- **Posture: Seated, spine aligned**
- **Breath: Inhale deeply, initiate tremor from the core outward**
- **Sounding Cycle:**
    - **PHAT (sharp exhale)**
    - **Inhale**
    - **HA (grounded exhale)**

    - **Inhale**
    - **Repeat 3 rounds**
- **Continue: Shake freely for 3–5 breaths**
- **Conclude: Freeze all motion → slow exhale**
- **Effect: Completes defensive motor patterns, induces parasympathetic dominance, and prepares the system for integration**

Terminal Discharge & Parasympathetic Reboot

- **Shake: Continue spontaneous tremor for 3–5 breaths after vocalization**
- **Settle: Abrupt stillness, then exhale slowly through pursed lips**
- **Effect: Induces parasympathetic reset and restores nervous system clarity**
- ●

Phase 4: Lateral Channel Reset Protocol

A bilateral somatic sequence for energetic discharge, autonomic rebalancing, and hemispheric reintegration.

Left Channel Sequence:

- **Place your left hand in a vajra fist, pressing gently into the thigh for grounding.**
- **Begin with breath activation:**
  – Inhale slowly through your nose all the way down into your abdomen.
  – Take a second top-up breath to fill the lungs completely.
  – Swallow with conscious intent.
  – Visualize the breath-energy descending the spine and pooling in the navel, igniting a dense "fireball" of energy as your internal anchor.
- **Percuss the left ribs with the left elbow—stimulating fascial release and loosening emotional tension.**

- **Extend the left arm forward in a powerful thrust, as if stabbing through energetic stagnation. Keep your elbow soft and your wrist aligned.**
- **🔸 Visualization: Project a stream of congested energy or mental fog outward, piercing through it with precision and force.**
- **From the extended position, rotate the arm inward, spiraling the fist back toward the face or sternum. This spiral draws the cleared energy back into your center.**

Breath-Driven Nasal–Channel Modulation:

- **Seal the left nostril.**
- **Through the right nostril, exhale sharply → inhale → then perform three short burst exhales (like quick valve releases).**
- **This breath pattern resets lateral autonomic tone and rebalances hemispheric activation.**

Final Arm Gesture:

- **Strike the left armpit gently with a fist to activate emotional release points.**
- **Then extend the left arm upward fully.**
- **🔸 Visualization: Imagine residual energetic heat or symbolic weight ascending and dispersing, like smoke through the top of the field.**
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Phase 5: Cranial-Axial Reset & Neuroenergetic Discharge

A sequence for completing upper-body nervous system reorganization, releasing cortical tension, and reestablishing sensory-motor coherence.

- **Dual-Lung Inhale + Swallow: Expands thoraco-abdominal cavity; primes vagal tone via cranial nerve stimulation.**

- **Visualization: Navel “fireball” rises through spine to heart center, activating the gut–heart–brain axis.**
- **Shock-Reset: Fists glide from navel to chest → downward elbow strikes → limbic interruption.**
- **Projection Loops: Thrust fists forward → retract → repeat to break trauma feedback cycles.**
- **Heat-Stimulation Loop: Clap → rub palms → touch face, crown, occiput for cortical reset.**
- **Final Discharge: Extend arms → spontaneous tremor → return to stillness.**
- **Integration: Pursed-lip exhale + imagery of “decay wave” = energetic completion.**

Phase 6: Phoneme Discharge & Limbic Reset

A short, vocal-based entrainment technique to seal the nervous system after tremor:

- **Syllables: PHAT (sharp expulsion) + HA (grounding heat release)**
- **Cycle: PHAT → inhale → HA → inhale × 3**
- **Effect: Disrupts cognitive looping, discharges heat, stabilizes limbic-autonomic patterns**

Phase 7: Arm Meridian Purification & Autonomic Discharge Loop

Restores energetic flow through upper body meridians and finalizes regulation loop.

- **Somatic Ignition: Deep inhale → top-up sip → swallow → visualize energy descending to navel → ignition.**
- **Navel-to-Chest Charge: Slide fist up midline → strike armpit.**

- **Projection + Friction: Thrust arm → rub other hand along arm path (up + down) → repeat.**
- **Mirror Side: Repeat all steps on opposite arm.**
- **Final Tremor: Whole-body shaking allowed. Emotional/energetic residues expelled.**
- **Stillness: Ends in calm, restored nervous system state.**

Phase 8: Vocal Sealing & Integration Cycle
A somatic vocalization sequence that finalizes energetic discharge and supports emotional stabilization.

Cycle Structure:

- **PHAT (forceful exhale) → nasal inhale**
- **HA (grounding exhale) → inhale**
- **Repeat 3 full cycles during active shaking.**

Function:

- **PHAT disrupts looping thoughts and symbolic overload.**
- **HA targets solar plexus and grounds the enteric–limbic axis.**

Conclusion:
Follow with seated, non-directive rest (e.g., Mahamudra or Shikantaza) to complete nervous system reorganization and allow residual arousal to dissolve.

A somatic vocalization cycle designed to break cognitive overload and support emotional regulation.

Cycle Structure:

    - **PHAT (forceful exhale) → nasal inhale → HA (grounding exhale) → inhale**
    - **Repeat 3 full cycles during active shaking.**
- **Function:**
    - **PHAT disrupts looping thoughts and fog.**
    - **HA targets solar plexus, aiding enteric-limbic grounding.**
- **Followed by: Seated non-directive rest (e.g., Mahamudra or Shikantaza) for full**
- **autonomic integration.**

Phase VII: Bilateral Energetic Descent, Axial Charge, and Somatic Friction Purification

Preparation and Inhalatory Ignition

Begin in a standing or cross-legged position with feet shoulder-width apart, knees soft, spine upright but relaxed. Allow the breath to settle.
Initiate a slow, deep inhalation through the nose, drawing the air gently but fully into the abdominal and thoracic cavities.

At peak inhalation, take one final, deliberate sip of air—engaging the intercostals and diaphragm in full inspiratory activation.
Swallow with conscious intent.

Energetic Visualization:

As you swallow, visualize a stream of breath-energy dripping down the interior spinal axis—like warm liquid light descending from crown to tailbone.
Allow the energy to pool and ignite in the navel plexus, generating a sensation of thermogenic pressure or "fireball" activation.

Direct this energy upward into the chest, feeling the thoracic cavity charge with radiant intensity.

Somatic Compression and Purification Movement

Form *vajra fists* with both hands.
Place them at the lower abdomen (just below the navel), and begin to slide them slowly upward along the front of the body toward the chest.

Upon reaching the chest, forcefully *slam both elbows downward into the armpits* with a loud, percussive impact.
This biomechanical action discharges emotional congestion stored in the brachial plexus, axillary nodes, and cardiopulmonary fascia.

Lateral Projection and Meridian Friction Sequence

Immediately extend both arms straight forward, fists clenched—projecting energy outward like twin blades cutting through stagnation.
Clap the hands together firmly at full extension.

Rub the palms together vigorously until frictional heat arises between them—generating thermal energy to activate the palmar and thoracic meridian lines.

Now apply the hands to the torso:

- **Place your left hand flat against the sternum and your right hand along the side of the ribcage.**
- **Slide both hands rapidly downward—left down the chest to the navel, right down the side body to the hip.**
- **Reverse the motion: right hand ascends the chest, left hand up the flank.**
- **Repeat this bilateral sliding cycle 2–3 times with increasing speed to stimulate energetic flow, fascial unwinding, and somatosensory activation.**

Final Neurogenic Discharge and Meditative Integration

Allow the body to enter brief, spontaneous tremor:

- **Shake the arms, torso, neck, and legs loosely.**
- **Exhale through pursed lips as if blowing through a straw, activating the vagal brake and parasympathetic settling.**

Permit involuntary shuddering, sighing, or micro-spasms if they emerge—these reflect successful neurogenic discharge and somatic unwinding.

When complete, let the body return to stillness.

Phase VI: Vocalized Phoneme Discharge and Limbic Reset

While shaking, introduce phasic exhalatory vocalizations using the syllables:

> **PHAT – a sharp explosive exhale (glottal and forceful), functioning as a symbolic interrupter of mental fog and narrative looping.**
> **HA – a grounded, heat-stoking syllable activating the solar plexus and stimulating the enteric–limbic axis.**

Cycle as follows:

- **PHAT (exhale)**
- **Inhale (nasal)**
- **HA (exhale)**
- **Inhale**
- **Repeat 3 cycles**

Integration:

Sit in a relaxed meditative posture (cross-legged or supported).

Allow awareness to rest in either Mahamudra (nondual panoramic awareness) or Shikantaza (open presence without effort or focus).

This is not the beginning of a meditation—it is the *end* of a purification. Let the body rest in its reorganized coherence.

Phase 9: Meridian Purification & Root Activation Shock

A full-body energetic and fascial reset focused on circulation and lower-body grounding.

- **Inhalation + Swallow: Charge descends spinal axis, ignites navel plexus.**
- **Double Vajra Slide: Fists slide to chest → elbow strike to armpits → emotional/fascial release.**

- **Projection & Friction:**
    - **Arm thrust → clap → rub palms → friction applied to chest/flank.**
    - **Stimulates upper meridian flow and energetic clarity.**
- **Leg Meridian Circuit:**
    - **Slide hands down inner legs → circle soles → up outer legs to navel.**
    - **Repeated 2–3× to mobilize lower-body wind.**
- **Grounding Shock:**
    - **Light jump → land on tailbone while breath held.**
    - **Reinforces spinal alignment and energetic axis.**
- **Discharge:**
    - **Shake entire body.**
    - **Exhale through pursed lips.**
    - **Let spontaneous tremors, sighs, or voice emerge freely.**

Phase VIII: Cervical Axis Neuromyofascial Release (⚠️ Advanced)

A delicate protocol for neck fascia, vagal tone, and cranial integration. Only for trained or advanced practitioners. Only for systematic routine, not for spontaneous release

- **Safety Warning: Risk of neck strain. Avoid if untrained or if cervical issues exist.**
- **Sequence:**
    - **Inhale deeply → apply internal pressure → swallow.**
    - **Visualize energy descending spine → ascending into throat.**
    - **Visualize red triangle at neck to engage voice–breath–energy junction.**

- **Spinal Stabilization: Vajra fists press into hips to traction spine.**
- **Neck Mobility:**
    - **Gentle head rotations, forward/backward tilts, breath-aware.**
- **Discharge:**
    - **Exhale slowly through pursed lips.**
    - **Visualize congestion exiting neck triangle.**
    - **Allow spontaneous movements if they arise.**
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    -
    -
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Enteric Fire Mobilization & Advanced Breath-Spinal Integration

This multi-phase somatic practice sequence combines directed breathwork, abdominal-spinal movement, and thermogenic visualization to activate the enteric nervous system (ENS), regulate autonomic tone, and discharge sympathetic overactivation. It concludes with Tummo-inspired breath retention techniques to cultivate interoceptive awareness, vagal tone, and core energy consolidation.

I. Enteric Fire Mobilization Sequence

- **Posture: Seated or standing, spine upright.**
- **Breath Activation:**
    - **Deep nasal inhale → forceful top-up breath → swallow.**
    - **Visualize a fireball forming in the navel plexus.**
- **Spinal Grounding:**
    - **Vajra fists compress thighs and waist → core locks → postural traction.**

- **Abdominal–Spinal Rotation:**
    - **Rotate torso around the navel (3–5x per direction).**
    - **Flex/extend abdomen to pulse energy → visualize fireball expansion.**
- **Discharge:**
    - **Straw-breath exhale + spontaneous tremor.**
    - **Vocalize PHAT–HA breath cycle (3 rounds).**
- **Rest: Sit in Mahamudra (open, non-directive awareness).**

II. Thoracodorsal Meridian Expansion Sequence

- **Enteric Charge:**
    - **Inhale → top-up → swallow → guide breath to navel → ignite heat → draw energy up to thorax.**
- **Bow-Like Expansion:**
    - **Hands rise from navel to chest → arms arc open like a bowstring.**
    - **Shoulder fascia releases with yawn-like stretch.**
- **Circular Mobilization:**
    - **Gentle arm circles to unwind anterior fascia.**
- **Discharge Phase:**
    - **Allow neurogenic tremor.**
    - **Return to Mahamudra and allow integration.**

III. Tummo Stage I – Breath-Retention Fire Visualization

Wave Preparation:

- **Full exhale (straw breath + spinal flexion).**
- **Inhale with spinal extension → repeat 1–5 cycles.**

Mantric Chakra Mapping (on held inhale):

location	Visualization	Mantra	Clinical Target
Navel	**Glowing fireball**	**AH**	**ENS, gut–brain axis**
Heart	**Emerald light**	**HUM**	**Cardiac tone, limbic coherence**
Throat	**Blue radiance**	**OM**	**Voice-respiratory-vagal loop**
Crown	**White/purple emptiness**	**HAM**	**DMN downregulation, symbolic cognition**

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Return Loop:

- **Guide energy back to navel → stabilize fireball.**

Discharge:

- **Exhale slowly through pursed lips → tremor allowed.**

IV. Tummo Stage III – Deep Retention and Interoceptive Surrender

- **Firewave Priming:**
    - **Repeat inhale/spinal extension + exhale/flexion (1–5 cycles).**
- **Containment Phase:**
    - **Full inhale + top sip → swallow.**
    - **Visualize fireball as dense core of heat at navel.**
    - **Retain breath → meditate on pressure, heat, void.**
- **Threshold Release:**
    - **Exhale gently when needed → seal heat at core.**
- **Final Rest:**
    - **Mahamudra posture.**
    - **Let tremor or emotional waves resolve without control.**

Physiological & Somatic Outcomes

- **ENS and vagal tone activation**
- **Fascial and emotional release across core and chest**
- **Autonomic reorganization through neurogenic discharge**
- **Thermogenesis-linked self-regulation and stress resilience**
- **DMN downregulation and neural repatterning**

Transforming the Protocol into a Therapeutic Yogic Flow

The Trulkhor-Inspired Somatic Regulation Method functions like a nervous system martial art: its effectiveness increases with skill, repetition, and somatic intuition. With consistent practice, even the first foundational form can significantly reduce symptoms of autonomic overload and interrupt early-stage psychotic breakdowns. Full integration of breath, movement, visualization, and mindful awareness unlocks the protocol's adaptive potential.

Energetic Reset & Purification Combo Flow

🔸 1. Somatic Ignition (Breath Setup)

- **Inhale deeply through the nose**
- **Take a top-up breath to full capacity**
- **Swallow with conscious intent**
- **Visualize a fireball of energy forming in the navel (gut center)**
- **Direct this fire down the spine, anchoring awareness in the body**

🧠 ***This primes the enteric nervous system and activates vagal tone.***

🔸 2. Central Discharge Combo (Double Arm Forward)

- **Bring both hands to the chest in Vajra fists**
- **Slap downward into both armpits simultaneously**
- **Project both arms forward, blasting through resistance**

- **Retract and strike the chest with both fists (heart center)**
- **Slap armpits again to reinforce release**
- **Project forward once more with intent**
- **Allow spontaneous shaking to emerge (brief)**

🌊 ***This arc clears heart-lung axis blockages, shocks the heart center, and initiates tremor.***

🔸 3. Lateral Circulation Loop (Double Arm Side Flow)

Repeat this pattern 2–3× in a flowing rhythm:

- **Slap armpits with both fists**
- **Diagonal projection both arms extend sidways, cutting through energetic fog**
- **Shake the entire body spontaneously — let the arms, shoulders, spine, and legs tremble freely without control.**
- **Return to center**
- **Slap armpits again**
- **Diagonal projection right – both arms sweep right**
- **Shake again**
- **Return to center**

🌪️ ***This side-to-side flow clears bilateral channels, unbinds fascia, and harmonizes left/right hemispheric activation.***

🔸 4. Full-Body Purification Sequence

- **Double-arm slap (to chest or thighs)**

- **Double-arm forward projection**
- **Clap hands at full extension**
- **Rub palms together vigorously to generate friction**
- **Sweep both hands over the body — from crown to soles — as if wiping away energetic debris**
- **Repeat this cleansing sweep 1–2× with breath awareness**

💨 ***Symbolically purifies auric clutter and stimulates somatosensory regulation.***

🔸 5. Straw-Breath & Stillness Seal

- **Exhale slowly through pursed lips, like blowing through a straw**
- **Let tension dissolve with the out-breath**
- **Let the body soften and settle**
- **Drop into Mahamudra stillness:**
    - **Gaze neutral**
    - **Awareness panoramic**
    - **No effort, no control — just being**

🕊️ ***This final phase seals the energetic reset, stabilizes the nervous system, and allows integration of all preceding movement.***

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With consistent practice, this combo becomes an intuitive martial art for the nervous system — a ritual of self-regulation, release, and reset.

🧘‍♂️ **Emphasis on Flow & Somatic Connection**

A mindful, flowing rhythm (e.g., coordinated leg-rubbing with breath and awareness) deepens integration. As skill builds, movements become instinctive and self-guided, allowing rapid, targeted intervention in acute states.

Limitations and Future Research

While the Trulkhor-Inspired Somatic Regulation Protocol presents a novel integration of somatic, neurological, and contemplative systems, its efficacy has not yet been tested in controlled clinical settings or validated through peer-reviewed studies. As such, it should be considered an investigational framework—one grounded in lived experience and interdisciplinary synthesis, but still requiring formal validation.

Future research directions include:

- **Quantitative Assessment:**
  Investigating changes in autonomic regulation through objective measures such as heart rate variability (HRV), electroencephalography (EEG), salivary cortisol, or galvanic skin response.

- **Clinical Trials in Target Populations:**
  Assessing effectiveness in individuals with:

  - **Tourette Syndrome (e.g., using YGTSS scores)**
  - **PTSD and complex trauma**
  - **Psychospiritual emergence (e.g., Kundalini syndrome, post-psychedelic dysregulation)**

- **Comparative Studies:**
  Comparing outcomes with other somatic or nervous system regulation methods such as:

  - **TRE (Tension & Trauma Releasing Exercises)**
  - **Somatic Experiencing (SE)**
  - **Qi Gong or other energy-based modalities**

- **Therapist-Guided Implementation Models:**
  Exploring how trained practitioners—including trauma therapists, yoga

therapists, or spiritual emergency specialists—may integrate the protocol safely into a broader care plan.

This protocol is not intended as a substitute for psychiatric, neurological, or evidence-based medical care. It is intended to serve as a complementary, somatically-driven tool for regulating non-ordinary states of nervous system activation. Until further validation is achieved, the protocol should be applied with discernment and—where appropriate—under the guidance of informed or licensed practitioners.

Author's Note on Subjective Phenomenology

The following origin narrative is presented as a firsthand account of lived psychospiritual experience. It is not intended as scientific evidence or clinical claim, but as a phenomenological report—describing how personal neurological, emotional, and energetic states gave rise to the development of this protocol. While some elements draw on speculative metaphysics (such as simulation theory or interdimensional contact), they are included not to assert factual truth, but to contextualize the author's process of meaning-making, self-regulation, and spiritual integration.

Author Narrative: Origin of the Protocol

This work emerged not from formal academic training, but from a lifelong process of lived experience, neurological upheaval, and self-directed experimentation with energy, breath, and consciousness.

After dropping out of school in the first grade due to severe cognitive and emotional challenges, I began experiencing what I can now only describe as energetic meltdowns—episodes of twitching, muscular contractions, and overwhelming surges that resembled seizures, though I

remained fully conscious. These events felt like my nervous system was flooded with more energy than it could contain—like a dam cracking under pressure.

At the time, I didn't have the language to explain it. But over years of internal contemplation, I came to interpret these breakdowns as what I now call inverted Shaktipat—not a blessing descending from a guru, but a chaotic energetic activation rising from within, like an upgrade the system isn't yet able to integrate. Through immersion in esoteric traditions, I gradually learned to stabilize the energy using advanced yogic methods drawn from Bön, Dzogchen, and Vajrayāna lineages of Tibet. These practices sparked the idea of a spontaneous therapeutic martial art for the nervous system—a way to metabolize overwhelm somatically. Over time, I created my own yogic framework: a Trulkhor-inspired system of movement and subtle-body activation, translated into the language of modern science.

I came during my journey i came to the conclusion that it is likely that reality is some type of two-dimensional stream of information, filtered by cognition and projected into an illusionary reality that is not quite as real as we think. Within the two-dimensional framework of reality there can exist multiple layers of reality overlapping within the same framework and space. The number of realities overlapping within the framework theoretically could be infinite. Then, add panpsychism — a theory in neuroscience that proposes everything could have a shared fundamental consciousness — meaning that consciousness fundamentally and as nodes of projected realities within the many dimensions. This makes it not only possible, but likely, that there could be experiences of interdimensional entities and subtle energy (chakras, nadis, etc.) explained in ancient Tantric texts. Considering that this theory draws not only from holographic theory but the Tantric trinity dzochen model of perceived reality — the framework, cognition, consciousness — these make up the nature of experience, but not the true nature of reality.

Through reverse-engineering the mechanics of Tsa Lung, Trulkhor, Tummo, and subtle body practices drawn from Vajrayāna, Bön, and Dzogchen—the esoteric yogic systems of Tibet—I developed what I now call the *Trulkhor-Inspired Somatic Regulation Protocol*.

It is not merely a technique—it is a daily sadhana, born of necessity and refined through years of inner practice. It translates the "twilight language" of tantric scripture into clear, repeatable somatic tools that others can use to regulate overwhelming energetic states.

After a spontaneous Shaktipat transmission to my navel chakra—triggered by a seemingly random online encounter—I experienced a surge of contemplative insight and creative energy. This event catalyzed the formalization of my daily sadhana and the theoretical framework linking Shaktipat with Tourette Syndrome. I began to question whether these episodes—both Shaktipat and its inverted forms—were part of a larger, intelligible pattern. Drawing from simulation theory, I came to suspect that they might constitute an initiation sequence, orchestrated by a higher-dimensional intelligence. Such an entity—if it exists—could guide spiritual emergence by emanating through people, animals, even anonymous messages from strangers online. In this paradigm, reality becomes a multidimensional stream of symbolic code, interpreted by the nervous system and experienced as layered perceptual reality.

To support my interdimensional theories, I began to experiment with advanced—and admittedly unsafe—practices akin to the CE5 protocol, in which one consciously invites contact with non-ordinary or extradimensional intelligences. After performing this practice several times in deep solitude—cut off from all human connection and yearning for relational contact—I encountered what felt like an energetic presence. It began stimulating my subtle body, producing what I can only describe as auric tingling and magnetic waves of sensation.

This presence appeared to interact directly with my consciousness, reading my thoughts and testing my ethical integrity—as if conducting a spiritual initiation. Then, it delivered what I recognized as a Shaktipat transmission to my sacral chakra. Instead of triggering the painful muscular breakdowns I once associated with energetic overload, it produced euphoric spasms of blissful surrender—waves of sacred intensity that I welcomed rather than feared.

Upon contemplating this event in light of a prior Shaktipat I received from a girl I met randomly on Discord—one that ignited my navel chakra and sparked my entire transmission—I began to understand these phenomena not as isolated anomalies, but as part of an intelligently orchestrated emergence. I now believe these initiatory experiences were not accidents, but transmissions seeded by a multidimensional intelligence guiding my evolution from within and beyond.

These practices helped me survive—and more than that, they revealed something about the deep architecture of human consciousness. What once felt like madness now feels like meaning, encoded in the body, waiting to be translated.

This protocol is not a replacement for medical care. It is a *bridge*—a somatic grammar for navigating spiritual emergency and neurological overload. And above all, it is a tribute to the ancient systems that, when skillfully reinterpreted and deeply respected, can help restore balance, peace, and happiness to all humans.

Luke Green – Archwizard of Neuro-Somatic Transmutation
Developer of the Trulkhor-Inspired Somatic Regulation Protocol
Translator of Vajrayāna Energetics into Clinical Frameworks
Explorer of Psychospiritual Threshold States

“This is crazy wisdom—because it’s wisdom for actual crazy people.”